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Housekeepers' Chat Wednesday, May 1, 1929

NOT FOR PUBLICATION

Subject: "May Day - Child Health Day."

--ooOoo--

"Hey, Aunt Sammy!" called Billy, as he burst into the house last night, puffing and panting. "Hey, where are you? Look what we made at school today -- May baskets. No, don't look at that one -- it's for you. This one's for Uncle Ebenezer. The handle won't stay on. Do we have some glue?"

I found the glue, and Billy stuck a tissue paper handle on a fragil tissue paper May basket.

"That's beautiful!" exclaimed Billy, admiring his own handiwork. "Don't you think it's beautiful, Aunt Sammy? I like pretty colors -- they make me think of flowers. Let's put some lilacs in Uncle Ebenezer's May basket. Miss White says it is all right to put flowers in May baskets. Say, Miss White sent you something, too. It's a recipe to preserve -- Guess what?"

"Peaches, pears, apples?" I guessed,

"Oh no!" laughed Billy. "Try again!"

"Blackberries, strawberries?"

"Wrong!" said Billy. "You aren't a bit good guesser, Aunt Sammy. It's a recipe to preserve children."

"Children! Why Billy, how do you preserve children?"

Billy took from his pocket a crumpled-up piece of paper, and proudly read me the recipe Miss White had given him.

"To preserve children," he read, "take one large grassy field, half a dozen children, two or three small dogs, and a pinch of brook and pebbles. I'll read the ingredientses over again, the way you do when you broadcast: one large grassy field, half a dozen children, two or three small dogs, and a pinch of brook and pebbles.

"Then you mix the children and dogs well together, and put them in the large grassy field. stirring con-stant-ly. Pour the brook over the pebbles, sprinkle the field with flowers; spread over all a deep blue sky, and bake in the sun. When brown, remove the children, and set them to cool in a bath tub. There, isn't that a good way to preserve children?"

"Excellent," I agreed, and Billy skipped off to play with Rowdy, the young Airedale, till dinner time. When I glanced out the window, they were romping near the lilac bushes. I heard Billy say to Rowdy: "You better keep off Aunt Sammy's flower bed -- you know what she said she'd do, if you ever tramp it up again!"

Which remark might lead you to think I'm a very stern person!

Do you know that this is National Child Health Day? If there are school children in your home, I'm sure you know all about the American Child Health Association, of which Herbert Hoover is president. President Hoover is the originator of the National Child Health Day idea, and author of the Child's Bill of Rights.

No doubt you have read the president's proclamation, designating the first of May as Child Health Day. It will take but a minute to read this proclamation:

Whereas the future of our Nation rests with the children of today;

And whereas the good health and protection of childhood is fundamental to national welfare, and the march forward of our country must be upon the feet of our children;

And whereas a joint resolution of Congress authorizes and requests the President of the United States to proclaim annually May 1 as child health day;

Now, therefore, I, Herbert Hoover, President of the United States of America, do hereby designate May 1, of this year, as child health day, and do invite the people of the United States, and all agencies and organizations interested in this most important subject, to make every reasonable effort to bring about a nation-wide understanding of the fundamental significance of healthy childhood, and of the importance of the conservation of the health and physical vigor of our boys and girls, throughout every day of the year.

Now let me read you the Child's Bill of Rights, written by President Hoover:

The ideal to which we should strive is that there shall be no child in America:

That has not been born under proper conditions

That does not live in hygienic surroundings

That ever suffers from undernourishment

That does not have prompt and efficient medical attention and inspection

That does not receive primary instruction in the elements of hygiene and good health

That has not the complete birthright of a sound mind in a sound

That has not the complete birthright of a sound mind in a sound body

That has not the encouragement to express in fullest measure, the spirit within which is the final endowment of every human being.

Worth reading a number of times, isn't it?

There are at least 50 national groups cooperating in state and local Child Health programs. These national groups are in two divisions: the official, and the non-official.

There are four official groups: the United States Department of Agriculture, the United States Department of Labor, the United States Bureau of Education, and the United States Public Health Service.

Of course I am particularly interested in the United States Department of Agriculture; it is from this Department that I get the information broadcast in my radio programs. Under the United States Department of Agriculture there are two main groups, working to promote the Child Health program. These two groups are the Extension Service, and the Bureau of Home Economics.

Do you have a Home Demonstration Agent, in your community? The Extension Service, through its Home Demonstration Agents, and the state agricultural colleges, helps put over the Child Health program in the rural communities. The Home Demonstration Agents "bring the knowledge necessary to make every rural home a modern and happy health center."

The second big organization in the United States Department of Agriculture, which is cooperating in the Child Health program, is the Bureau of Home Economics. This is the Bureau with which I am best acquainted, and from which I get a great deal of the information, including menus and recipes, broadcast in the radio talks.

Now let me tell you how the Bureau of Home Economics can give you practical help, in your personal child health problems.

First, let's take the subject of Family Expenditures. The Bureau of Home Economics can send you complete directions for planning and recording family expenditures, on the budget system. The carrying out of this system ensures more careful planning for well-balanced meals, meeting school expenses, and other important factors in a child's physical and mental growth.

The second important subject in which the Bureau can help in Child Health problems is Clothing. There are women in the Bureau of Home Economics who devote all of their time to designing garments which are comfortable to wear, easy to make, and launder, and conducive to good habits of posture and self-care. Have you seen the attractive leaflets in Children's Sun Suits, Children's Rompers, and Little Girls' Dresses? Then you know some of the practical work the Bureau is doing on children's clothing.

Third, take the subject of Food. How can the Bureau help you, with your children's food problems? By giving advice on food selection, meal planning, and cooking foods so as to conserve their food value. Many of you know about the free bulletins on foods. There's an excellent one, called "Food for Young Children," which gives the principles that should govern the choice of food for children between three and ten years of age, with specific suggestions for meals. Then there's a bulletin called "School Lunches," a leaflet called "Meal Planning for the Junior Homemaker," and the new leaflet on cooking eggs, and ever so many more.

One of the very best leaflets for mothers is being printed this month. It is called: "Good Food Habits for Children." Next Friday I'll tell you more about this interesting leaflet, and I shall broadcast another menu.

Friday: "Good Food Habits for Children." Program includes menu.

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